

EMPLOYEE TRAINING RECORD		
TRAINING TITLE Noise and Hearing Protection		
<p style="text-align: center;">KEY TEACHING POINTS</p> <ul style="list-style-type: none"> • Many work sites are pretty noisy places. How many times have you asked a co-worker a question and received a "huh", or "what did you say?" in reply? Probably more often than you think. Have you ever been on a job where an air compressor ran from the beginning to the end of the shift? Remember when the compressor was turned off and you could finally hear yourself think again? Or how about the heavy equipment operator that worked the entire shift, and when the supervisor asked him if he was wearing his hearing protection the answer was, "I don't need it, I'm used to the noise." That worker has a lot to learn. When subjected to frequent, excessive noise, your hearing can gradually wear away, much like water erodes the soil. The end result is hearing loss. • Take a moment to listen to your surroundings. What sounds do you hear? Are they loud and noisy? In addition to the danger of hearing loss, the effects of continuous, excessive noise can cause fatigue, stress, elevated blood pressure, and tension. • Monitoring for noise levels is done with a sound level meter or a noise dosimeter. Workers should not be exposed to greater than 85 decibels, averaged over an 8 hour time period. Engineering controls could include enclosing noisy equipment. Administrative controls may include rotating employees out of noisy areas for part of a shift. Personal protective equipment includes earplugs or earmuffs. Earplugs are used most of the time because they are comfortable and available in pre-molded form. All of these options should be considered. • The bottom line is that hearing protection is a must. The ability to hear well is essential in the performance of your job. It's also very important in all other aspects of life. Protect your hearing so that you can listen to the ballgame on the radio or your favorite music while relaxing at home. Protection is readily available. USE IT!!! <p>REMINDER: If there is any question about noise level, wear your protection.</p>		
TEST		
QUESTION	ANSWERS	
	TRUE	FALSE
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2 The effects of continuous, excessive noise can cause fatigue, stress, elevated blood pressure, and tension.		
3 Workers should not be exposed to greater than 85 decibels, averaged over an 8 hour time period.		
4 Monitoring for noise levels is done with a sound level meter or a noise dosimeter.		
5 Personal protective equipment includes earplugs or earmuffs.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE